

THE MEPECER



New Beginning

By Karoll-Ann Carrier

Despite the difficulties of the previous years, I hope you all had a very happy New Year! I wish that this new year brings you and your family much happiness and prosperity and that in time the world will be a safe place again.

There is a saying that the new year is a new beginning, but as T.S. Elliot said, "Every moment is a new beginning. We know that with the pandemic, our lives changed dramatically in 2020, and we all adapted new habits in 2021. I hope that 2022 will be our new beginning in this new life we have created over the past 2 years.

Out with the old, in with the new! Sending you our best wishes for better days ahead in 2022!



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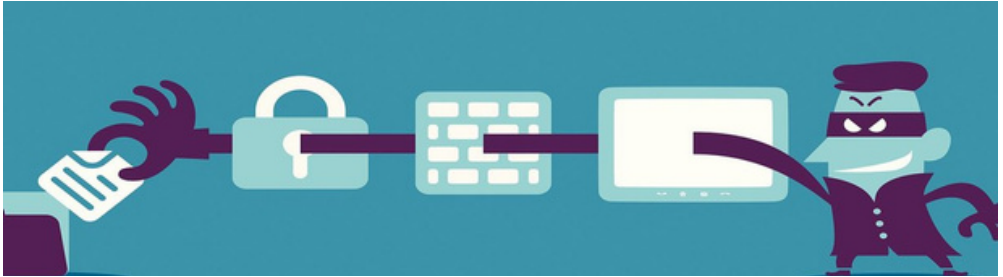
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Did You Know...?



INTERNATIONAL DATA PROTECTION

Data Privacy Day is an international event that occurs every year on the 28th of January. The purpose of Data Privacy Day is to raise awareness and promote privacy and data protection best practices.

These are a few best practices to help increase data privacy safety:

- Apply Software Updates - Updating your software/app is one way to keep your data protected.
- Protect Passwords - Changing your passwords regularly is important. (Use letters, numbers, and symbols).
- Disable Lock Screen Notifications - before you disable this feature review its usage.
- Lock Your Apps - This will give you an extra level of security for your applications.
- Keep your browsing to Yourself - When you use a public connection, you need to assess the risk otherwise your data may become vulnerable. VPN (virtual private network) connection while preferred, is not always available.
- Back it Up - Always backup your data, so you don't lose those precious photos or important documents.



On 24 January 2022, we will celebrate the fourth **International Day of Education** under the theme "Changing Course, Transforming Education". As it was detailed in UNESCO's recent global Futures of Education report, transforming the future requires an urgent rebalancing of our relationships with each other, with nature as well as with technology that permeates our lives, while raising serious concerns for equity, inclusion, and democratic participation.

This year's International Day of Education will be a platform to showcase the most important transformations that have to be nurtured to realize everyone's fundamental right to education and build a more sustainable, inclusive, and peaceful future. It will generate debate around how to strengthen education as a public endeavor and common good, how to steer the digital transformation, support teachers, safeguard the planet and unlock the potential in every person to contribute to collective well-being and our shared home.



MEPEC's Activities and Services

**ARE YOU
ELIGIBLE?**

**Bursaries
\$2000-\$10000**

**For Health and Social
Service students**

MCGILL HEALTH AND SOCIAL SERVICES BURSARY PROGRAM

With funding from McGill University, MEPEC is very pleased to offer the [Health and Social Services Community Leadership Bursary Program](#). The Bursary provides a financial incentive for students from the Montérégie East region pursuing full-time studies in health and social services at a Quebec government-recognized educational institution to return to (or stay in) their region to work and serve their communities after completing their studies.

For more information, [contact us](#).



WALKING GROUP

Please note that the walking group will be suspended over the holiday period and for the months of January, February, and March.

It has been a pleasure walking together and we look forward to seeing you back in the spring of 2022.

In the meantime, we encourage you to stay active.



SENIORS DISCUSSION TABLE

Participate in the development and recommendation of solutions aimed at improving the experience of English-speaking seniors within the health and social services. Our next meeting will take place on January 18th at 2 pm online.

To participate [contact us](#).



BOOK CLUB

If you are looking for an activity to keep you warm and entertained during this chilly season, why not join us for an enriching exchange of perspectives?

MEPEC'S Book Club is currently reading "Midnight's Children" by Salman Rushdie and will be meeting on January 19th from 7 pm-8:30 pm

If you would like to register to join the book club please [click here](#).



Hey Guys!
I'm Logan,
MEPEC's Youth
Ambassador!

Youth mental health
is important, for
more information
follow me!
#mepecyouth



Secrétariat
à la jeunesse
Québec

CHESN

Fondation Lucie
et André Chagnon

Mepec

COMING SOON - YOUTH PROGRAM

Our very own MEPEC Youth Ambassador!

Hey! I'm Logan and I'm from Beloeil! I am an English-speaking Champlain College student in the Media and Communications Program.

I'll be reaching out to Youth ages 15 to 21, and addressing topics on everything from Mental health to Diversity and everything in between. I will be letting you know what Social Services are available to help the Youth in our community.

You will be able to **Follow Me** on my Ambassador journey via Tik Tok and Instagram, STAY TUNED! #mepecyouth



MUMS & TOTS YOGA

Starting January 25th, from 9:30 to 10:30 a.m., and every Tuesday for 8 weeks, mums and tots will be able to participate in a 60-minute yoga class that will include stretching adapted to new moms, strengthening movements as well as relaxation poses done with the little ones. The sessions will be held at the Royal Canadian Legion in Saint-Bruno-de-Montarville.

Registration fees for the session will be \$10 per MEPEC member (Mom and Tots) and \$20 for non-member (Mom and Tots).

To register [contact us](#).

South Shore Literacy Council
Mother Goose Program - Winter 2022 Online Session
A free literacy program for parents and young children (ages 6-8).
The program is offered free of charge to participants.

THURSDAYS - ONLINE
20 JAN - 31 MAR 2022
St. Lambert: 10:00-11:00 am
Registration: henriette@sslc.org

WEDNESDAYS - ONLINE
10 JAN - 30 MAR 2022
Montreal: East: 9:00-10:00 am
Registration: henriette@sslc.org

MONDAYS - ONLINE
10 JAN - 29 MAR 2022
Greenfield Park 1: 9:00-10:00 am
Greenfield Park 2: 10:30-11:30 am
Registration: henriette@sslc.org

TUESDAYS - ONLINE
10 JAN - 29 MAR 2022
Brossard: 9:30-10:30 am
Registration: henriette@sslc.org

WEDNESDAYS - ONLINE
10 JAN - 30 MAR 2022
St. Jean & Jean Drapeau: 10:00-11:00 am
Registration: henriette@sslc.org

Registration by e-mail begins 5 Jan 2022

SOUTH SHORE LITERACY COUNCIL
www.southshoreliteracy.ca/
450-679-4375

Thanks to our Funding Partners:
ARC, MRC, and others.

MOTHER GOOSE PROGRAM - ONLINE

The Mother Goose Program is a group experience for parents and their babies and young children, and their winter session will be 100% online.

Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years. Children benefit from enjoyable, healthy learning experiences through song and play.

For more information, [contact us](#).





TRIVIA NIGHT

Every third Tuesday of the month, MEPEC is hosting an online Trivia Night. We invite you to put your thinking caps on and join us to test your knowledge. Team up with your family, in the comfort of your home, and answer a series of questions. The next Trivia will be held on January 18th at 7 pm.

To register click [HERE](#).



INTERGENERATIONAL PEN-PALS

MEPEC will help to facilitate meaningful exchanges between school-aged children and seniors of our region to encourage literacy and social connections.

MEPEC still needs a few more senior participants. If you are interested, please [contact us](#).



SPROUTS PROGRAM

Beginning on January 27th, from 10 am-11 am, we welcome you and your child to Sprouts!

Sprouts is a literacy circle time activity including a variety of theme-based activities. It is a time for social interactions and positive relationships among young children through creative expression and play. The activities are an excellent way to get children to become familiar with the concept of time through schedule and routine.

To register [click here](#) or for more info contact us.



**Classes will begin Monday,
Jan 10th at 10:30 am at the Otterburn Legion
- 318 Rue Connaught, Otterburn Park**

If you need more information or want to register, click [here](#), or contact us at info@mepec-pemca.org



SENIORS SNEAKERS

The Seniors Sneakers Program is for people 55 or older that want to keep active during the winter. The program starts on February 7th from 10:30 to 11:30 at the Legion in Otterburn Park. The classes will be with the instructor Tara McAleer, she is a Certified Athletic Therapist and a Certified Strength and Conditioning Specialist who has been working since graduating from Concordia University. Her specialty involves assessing movement patterns, gait, and running mechanics and prescribing specific, individualized exercises to improve movement mechanics, decrease pain and enhance performance.

Registration fee is \$10,00 MEPEC or Legion members and \$100,00 for non-members.

For more information, contact us or [register here](#).



MEPEC's Seniors Wellness Centre

Bell Let's Talk Day

By Kareen Massé

Now more than ever, every action counts. On Bell Let's Talk Day, Bell will donate more towards mental health initiatives in Canada by contributing 5¢ for every applicable text, call, tweet, or TikTok video using #BellLetsTalk, social media video view, and use of our Facebook frame or Snapchat filter.

Bell Let's Talk is a multi-year charitable program dedicated to promoting and supporting mental health across Canada. Since 2010, Bell has committed more than \$100 million to support a wide range of mental health organizations, large and small, from coast to coast focusing on anti-stigma, care and access, workplace mental health, and research.

Mental health involves finding a balance in all aspects of life including physically, mentally, emotionally, and spiritually. By learning more about mental health, we can take steps to help ourselves and others improve mental health and reduce the risk and stigma of mental illness.

People struggling with mental health issues often suffer because of stigma and consequently, they may feel rejected by family, friends, colleagues, and the community.

Stigma hurts people with mental health issues in the following ways:

- Less likely to seek treatment
- Are often not employed or under-employed
- Discrimination in the workplace prevents them from reaching full professional and/or personal potential
- Diminished self-worth, increased isolation, and hopelessness
- Family members also impacted with stigma by association



In the past year alone, Bell has fueled over 4 million connections with young people across this country reaching out to Kids Help Phone. Thanks to Bell's commitment for over 30 years, they are there for the young people 24/7, even at 2 in the morning!

The impact of each interaction on Bell Let's Talk Day has been felt across the nation. Thank you to all those who continue to speak up about mental illness. Together, we can all play a role in creating positive change.

Tips: 5 simple ways to end stigma and start a conversation

1. Talk about it!
2. Educate yourself on Mental Health
3. Be aware of words you use
4. Normalize Mental Health
5. Seek support and treatment!



MEPEC's Community Place

Family Literacy Day

By Debbie Hanney

For five years, from 1977 to 1982, researchers followed six middle school classes, each with children who were learning successfully to read and write. They hoped that they would discover what parents in these families did to foster literacy. Much of their study describes how parents in these families participated in their children's actual reading and writing experiences. The parents listened to their children, played word games, and were very interactive with their children when reading aloud. The parents and children wrote notes to each other, talked about the pictures in books, and played games which enhanced the reading experience.



Literacy is a key skill-set that opens the door to learning as statistics have shown that 48% of adults in Canada have literacy skills that fall below a high school level which negatively affects their ability to function at work and in their personal lives. Therefore, we can only deduce that helping/encouraging someone to learn to read and write will only improve their future. Literacy is critical to economic development as well as individual and community well-being.

To enjoy reading will open the door to adventures, knowledge and provide hours of entertainment. Reading is especially important for young readers and so, Family's should encourage and participate in their child's reading experience so that they have the skills to be successful.

Take some time to sit each day and read with your children, play games, and connect to the book being read. They will enjoy the experience, especially even more if Mommy and Daddy are engaged too!

Walt Disney said, "There is more treasure in books than in all the pirate's loot on Treasure Island."



TUESDAY
1:30 PM TO 3:30 PM

WEDNESDAY*
1:30 PM TO 3:30 PM

THURSDAY
1:30 PM TO 3:30 PM



Mepec
Community Library
Bibliothèque communautaire



Partners' Activities and Services



LINE DANCE EVENING BY SAINT-BRUNO-DE-MONTARVILLE

You are invited to come dance in a festive atmosphere. Thursday, January 20, 7 to 9 p.m. These line dancing evenings are offered to you once a month and are hosted by Monique Dupont.

Free activity for residents aged 50 and over. The number of places is limited and the vaccination passport is required to participate in this activity.

Registration is required at 450 441-8399. Registration is between January 11 and 18.



MONTHLY BINGO BY SAINT-BRUNO-DE-MONTARVILLE

On January 19th starting at 1:30 p.m., at the Library Lucien-Foucalt, you are invited to take part in a monthly bingo, presented in collaboration with the Volunteer Action Center (CAB) Les p'tits bonheurs!

For participants who wish to play bingo in the comfort of their home via the Zoom application, it is possible to do so by notifying Saint Bruno centre.communaute@stbruno.ca or by calling 450 441-8399



PLAY LIKE A GIRL PRESENTED BY PHOENIX KIDS' CLUB

Phoenix Kids' Club every Sunday from January 16th to March 6th, 1 pm to 3 pm, a 2-hour activity for girls in Grades 5 & 6. There will be 1 hour of sports and 1-hour workshop.

The registration deadline is January 14th.

For more information or to register contact Jessica at dir.phoenixprojects@gmail.com, 438-935-0372, or visit the Phoenix website at www.phoenixprograms.ca.





TRAVEL PASSPORT – ALL 5 TRIPS BY CUMMINGS CENTER

Purchase your Travel Passport and explore far-away places such as Cuba, Romania, Montmartre, the Baltic states and to top it off, a Foodies Tour of Paris. Register for all our trips. Enjoy 5 trips for the price of 4. That's one trip FREE!

From January 12 to March 16, from 10:00 AM to 8:00 PM for any questions [click here](#).



MCCORD MUSEUM TOUR: KNOWLEDGE, TRAUMA, RESILIENCE BY CUMMINGS CENTER

This exhibition bears witness to the still unrecognized knowledge of Indigenous peoples in Quebec and Canada as well as the deep wounds they carry and their incredible resilience. Selected objects from the Museum's Indigenous Cultures collection are combined with more than eighty powerful inspiring stories from members of the 11 Indigenous nations of Quebec.

From January 18, from 4:00 PM to 5:00 PM for any questions [click here](#).



MOVE TO MUSIC BY CUMMINGS CENTER

Enjoy different genres of music in these weekly 30-minute chair exercise classes. Our instructor, Mariangela Pereira will be available before and after each session to answer questions. Tuesdays, Jan. 25 - Mar. 15, 3:30 - 4 pm

Call 514.353.3510 or Email INFORMATION@CUMMINGSCENTRE.ORG



MOVIE AND MORE BY CUMMINGS CENTER

Movies and More will carry you to a different world with compelling and exciting adventures. Put up your feet, pop the popcorn and enjoy. Soul: Joe discovers his passion for Jazz and finds his soul.

Wednesday, Jan. 26 • 2 - 4 pm

Call 514.353.3510 or Email INFORMATION@CUMMINGSCENTRE.ORG





FITNESS ADAPTED EXERCISES BY ARTHRITIS SOUTH SHORE

Every Monday from 10 am to 11 am, participate in the free in-person or online Fitness Adapted Exercises organized by Arthritis South Shore. To register or for more information, info@arthriterivesud.org.



I TAKE CHARGE OF MY ARTHRITIS BY ARTHRITIS SOUTH SHORE

January 19 - February 23, every Wednesday from 1:30-3:30 pm. This is a 6-week program to equip oneself to live better with arthritis.

It is a self-empowering and self-motivating tool to maintain or improve life quality. It is a 2 hours per week program combining theory, support, and practical applications. Ms. Ada Pagnotta, an occupational therapist will host the program. The number of seats is limited.

Please register at info@arthriterivesud.org. This is free of charge.



SOS VIOLENCE - OPEN 24-HRS

SOS Violence is open 24-hrs for victims as local Police services have seen an increase in domestic violence calls, as COVID-19 concerns have isolated victims at home with their abusers. If you need help leaving an abusive relationship, Pavilion Marguerite de Champlain's Bilingual, free, confidential support is available 24/7 (450-656-1946).

For questions regarding Health and Social Services contact us MEPEC (Montréal Est) (450) 281-3732



VIRTUAL WALK THROUGH ORTIGIA, SICILY

Are you longing for sunshine and a visit to a place you've never been? Let AMI take you on a virtual guided walk through Ortigia, a tiny, magical island off the southern coast of Sicily. Tour guide Elisa Ottaviano will be with us to share her vast knowledge of the history and culture of this historic center of ancient Syracuse, a UNESCO world heritage site.

The event is free! Click [here](#) to register to join us on Sunday, February 13 at 10:30 am.





VOICES OF HOPE CHOIR BY HOPE & COPE

Every Monday from January 10th till April 25th at 3 pm, Voices of Hope present themselves online, this event is organized by Hope & Cope. To register click [here](#).

Membership required. Open to cancer survivors, caregivers and volunteers.



MEN'S CLUB BY HOPE & COPE

This group provides a safe and secure space where men facing a cancer diagnosis can confide, learn and connect in a supportive environment.

On January 13th from 6:45 pm to 9:00 pm.

To Register click [here](#).



BREAST FRIENDS BY HOPE & COPE

This support group is for women living with metastatic breast cancer. This activity is online, the Zoom link will be sent to participants. These events will take place on Jan. 12th & 26th, from 4:00 pm to 5:30 pm.

To register: hgoodman@jgh.mcgill.ca or call 514-340-8222, ext. 25531.



MANAGING BRAIN FOG BY HOPE & COPE

Fatigue and brain fog are common side effects of cancer treatment. Occupational therapist Nathalie Houle will share tips and strategies for managing your energy and tools to help you deal with issues related to brain fog.

These events will take place on Jan. 27th, from 11:30 am To register, click [here](#).



BRO'S CLUB BY HOPE & COPE

For young men between the ages of 18-39 who are newly diagnosed, in treatment, post-treatment, or are caring for someone with cancer, these monthly evenings feature fun activities, connection, and support. Jan. 11th, from 6:30 pm to 8:00 pm.

IF VIRTUAL, Zoom link will be provided to the participants. Contact Rick: rickster104@hotmail.com





FAMILY DYNAMICS & SETTING BOUNDARIES BY APPUI PROCHES AIDANTS

In any relationship, there are competing needs, priorities, and perceptions. When these viewpoints clash, tempers can flare, resentment can build and relationships can fracture. How do you maintain healthy boundaries, preserve your relationships and take care of yourself? In this interactive workshop, you will explore your patterns, define what matters most, and develop strategies to set and maintain healthy boundaries.

January 17th from 1pm -3:30pm Register:

<https://www.eventbrite.ca/e/family-dynamics-and-setting-boundaries-registration-217655432257>

January 18th from 9:30 am to noon Register:

<https://www.eventbrite.ca/e/family-dynamics-and-setting-boundaries-registration-218732985247>

CHSSN
Presents
Decluttering for Your Health.
Free CHEP Webinar for Seniors
Wednesday, January 19
10:00 - 11:30 am

CHEP SESSIONS BY CHSSN

On January 19th, CHSSN present a Webinar called: Decluttering for Your Health: Strategies for Coping with Chronic Disorganization, Hoarding, and Downsizing. This presentation will cover what you need to know about chronic disorganization, downsizing, and hoarding.

To register, click [here](#).

RECRUITING Volunteers
TO CONNECT WITH ISOLATED SENIORS

"To know that you're making a difference in somebody's day-- that you're making an impact-- definitely helps my [own] mental health." -TIP-OA volunteer

LOOKING FOR VOLUNTEERS BY TELEHEALTH

Telehealth is looking for volunteers to connect with isolated seniors.

Join the Telehealth Intervention Program for Older Adults to support seniors:

- Make weekly phone calls to provide social support to seniors.
- Receive comprehensive training and clinical support.
- Improve your active listening and communication skills.
- Eligible to receive a certificate of completion.

To register, contact www.telehealthmontreal.ca

For general inquiries program:
telehealthmontreal@gmail.com





Monteregie East Partnership for the English-Speaking Community

Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise

www.mepec-pemca.org

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@mepec_monteregie_east

@Mepec-Pemca



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CHSSN

